

Course Outline

COURSE: KIN 24A **DIVISION:** 40 **ALSO LISTED AS:** KIN 24 & PE 24

TERM EFFECTIVE: Spring 2022 **CURRICULUM APPROVAL DATE:** 03/8/2022

SHORT TITLE: INDIV WEIGHT TRAIN - LEVEL 1

LONG TITLE: Individualized Weight Training - Level 1

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

An open laboratory for those who desire an individualized strength training program using the stations from the resistance machines. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 24. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Develop and perform a muscular strength training program specific to the student's needs which includes at least eight (8) of the exercises from the resistance equipment.
2. Name the major muscle groups used in the flexibility and resistance exercises they perform.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Students will develop a workout routine and apply the skills learned into a weekly workout program. They will record their progress on their workout chart. They will utilize safe lifting practices.
2. Students will demonstrate and discuss basic core stabilization training. They will experience different types of exercise workouts utilizing the stations on the resistance machines.
3. Students will describe and demonstrate basic stretching exercises and describe the importance of stretching. They will demonstrate each of the stations on the resistance machines. They will identify the major muscle groups being utilized.
4. Students will explain the requirements of the course, including how they are graded, the dress code, and use of a workout chart/log. They will correctly log themselves in and out of the lab.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 03/8/2022

1.5 - 3 Hours: Course orientation, including grading and the procedures for use of the open lab.

3 - 6 Hours: Continue orientations as needed.

Introduce flexibility exercises and the major muscle groups being targeted. Discuss the importance of stretching both before and after working out. Introduce, demonstrate, and describe each of the stations on the resistance/cable machines including squat racks and free weight exercises - lat pull, squat rack, pec deck, seated row, incline/bench/shoulder press, triceps pull down, triceps dip, cable chest press or crossover, including identifying the major muscles being targeted. Emphasize the importance of safety.

4.5 - 9 Hours: Introduce basic core stabilization training; i.e. drawing in maneuvers, bracing, plank, and bridging. Different types of exercise workout routines will be explained. This could include workouts for the total body, split routines, or upper/lower body split routines.

These workouts would be basic strength exercises, utilizing single or multiple joint exercises and include 1 - 3 sets of 12 - 20 reps.

16.5 - 33 Hours: Continue to demonstrate and review the proper use of the resistance training equipment available in the lab including the importance of safety. Assist students with developing a muscular strength training program specific to their needs. This program would include all or most of the stations on the resistance machines.

2 Hours: Written final.

METHODS OF INSTRUCTION:

demonstration, peer teaching, small group

METHODS OF EVALUATION:

Skill demonstrations
Evaluation Percent 30
Evaluation Description
30% Performance exams

Objective examinations
Evaluation Percent 20
Evaluation Description
10% - 20% Multiple choice; Matching items; short answer

Other methods of evaluation
Evaluation Percent 50
Evaluation Description
Required student participation

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000536776

Sports/Physical Education Course: Y

Taxonomy of Program: 127000